

Full Report (All Nutrients) 01186, Cheese, cream, fat free

Report Date: July 11, 2017 14:17 EDT

Nutrient values and weights are for edible portion.

Food Group : Dairy and Egg Products

Carbohydrate Factor: 3.87 Fat Factor: 8.79 Protein Factor:4.27 Nitrogen to Protein Conversion Factor:6.38

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 tbsp 18g
Proximates					
Water 1	g	71.87	2	--	12.94
Energy	kcal	105	--	--	19
Energy	kJ	441	--	--	79
Protein 1	g	15.69	2	--	2.82
Total lipid (fat) 1	g	1.00	2	--	0.18
Ash 1	g	3.77	2	--	0.68
Carbohydrate, by difference	g	7.66	--	--	1.38
Fiber, total dietary	g	0.0	--	--	0.0
Sugars, total 1	g	5.48	2	--	0.99
Sucrose 1	g	0.64	2	--	0.12
Glucose (dextrose) 1	g	0.00	2	--	0.00
Fructose 1	g	0.00	2	--	0.00
Lactose 1	g	4.84	2	--	0.87
Maltose 1	g	0.00	2	--	0.00
Galactose 1	g	0.00	2	--	0.00
Starch 1	g	1.05	2	--	0.19
Minerals					
Calcium, Ca 1	mg	351	2	--	63
Iron, Fe 1	mg	0.19	2	--	0.03
Magnesium, Mg 1	mg	22	2	--	4
Phosphorus, P 1	mg	523	2	--	94
Potassium, K 1	mg	278	2	--	50

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 tbsp 18g
Sodium, Na 1	mg	702	2	--	126
Zinc, Zn 1	mg	1.50	2	--	0.27
Copper, Cu 1	mg	0.036	2	--	0.006
Manganese, Mn 1	mg	0.017	2	--	0.003
Selenium, Se	µg	4.9	--	--	0.9
Vitamins					
Vitamin C, total ascorbic acid 1	mg	0.0	2	--	0.0
Thiamin 1	mg	0.040	2	--	0.007
Riboflavin 1	mg	0.265	2	--	0.048
Niacin 1	mg	0.230	2	--	0.041
Pantothenic acid 1	mg	0.840	2	--	0.151
Vitamin B-6 1	mg	0.050	2	--	0.009
Folate, total 1	µg	35	2	--	6
Folic acid	µg	0	--	--	0
Folate, food	µg	35	2	--	6
Folate, DFE	µg	35	--	--	6
Choline, total	mg	65.2	--	--	11.7
Vitamin B-12 1	µg	0.95	2	--	0.17
Vitamin B-12, added	µg	0.00	--	--	0.00
Vitamin A, RAE	µg	11	--	--	2
Retinol	µg	10	--	--	2
Carotene, beta 1	µg	11	2	--	2
Carotene, alpha 1	µg	0	2	--	0
Cryptoxanthin, beta 1	µg	0	2	--	0
Vitamin A, IU	IU	53	--	--	10
Lycopene 1	µg	0	2	--	0
Lutein + zeaxanthin	µg	0	--	--	0
Vitamin E (alpha-tocopherol) 1	mg	0.02	2	--	0.00
Vitamin E, added	mg	0.00	--	--	0.00
Tocopherol, beta 1	mg	0.00	2	--	0.00
Tocopherol, gamma 1	mg	0.01	2	--	0.00
Tocopherol, delta 1	mg	0.00	2	--	0.00

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Vitamin D (D2 + D3)	µg	0.0	--	--	0.0
Vitamin D	IU	0	--	--	0
Vitamin K (phylloquinone) 1	µg	0.2	2	--	0.0
Lipids					
Fatty acids, total saturated	g	0.644	--	--	0.116
4:0	g	0.056	2	--	0.010
6:0	g	0.029	2	--	0.005
8:0 1	g	0.041	2	--	0.007
10:0 1	g	0.035	2	--	0.006
12:0 1	g	0.025	2	--	0.005
14:0 1	g	0.083	2	--	0.015
15:0 1	g	0.009	2	--	0.002
16:0 1	g	0.242	2	--	0.044
17:0 1	g	0.005	2	--	0.001
18:0 1	g	0.115	2	--	0.021
20:0 1	g	0.001	2	--	0.000
22:0 1	g	0.002	2	--	0.000
Fatty acids, total monounsaturated	g	0.250	--	--	0.045
14:1 1	g	0.006	2	--	0.001
15:1 1	g	0.000	2	--	0.000
16:1 undifferentiated 1	g	0.011	2	--	0.002
17:1 1	g	0.000	2	--	0.000
18:1 undifferentiated 1	g	0.233	2	--	0.042
20:1 1	g	0.000	2	--	0.000
22:1 undifferentiated	g	0.000	2	--	0.000
Fatty acids, total polyunsaturated	g	0.057	--	--	0.010
18:2 undifferentiated 1	g	0.042	2	--	0.008
18:3 undifferentiated 1	g	0.006	--	--	0.001
18:3 n-3 c,c,c (ALA) 1	g	0.006	2	--	0.001
18:3 n-6 c,c,c 1	g	0.000	2	--	0.000
18:4	g	0.000	2	--	0.000
20:2 n-6 c,c 1	g	0.000	2	--	0.000

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 tbsp 18g
20:3 undifferentiated 1	g	0.000	2	--	0.000
20:4 undifferentiated 1	g	0.002	2	--	0.000
20:5 n-3 (EPA)	g	0.000	2	--	0.000
22:5 n-3 (DPA)	g	0.001	2	--	0.000
22:6 n-3 (DHA)	g	0.000	2	--	0.000
Cholesterol 1	mg	12	2	--	2
Amino Acids					
Tryptophan 1	g	0.182	--	--	0.033
Threonine 1	g	0.616	--	--	0.111
Isoleucine 1	g	0.858	--	--	0.154
Leucine 1	g	1.737	--	--	0.313
Lysine 1	g	1.501	--	--	0.270
Methionine 1	g	0.505	--	--	0.091
Cystine 1	g	0.111	--	--	0.020
Phenylalanine 1	g	0.769	--	--	0.138
Tyrosine 1	g	0.802	--	--	0.144
Valine 1	g	1.045	--	--	0.188
Arginine 1	g	0.622	--	--	0.112
Histidine 1	g	0.464	--	--	0.084
Alanine 1	g	0.486	--	--	0.087
Aspartic acid 1	g	1.361	--	--	0.245
Glutamic acid 1	g	3.450	--	--	0.621
Glycine 1	g	0.374	--	--	0.067
Proline 1	g	1.760	--	--	0.317
Serine 1	g	0.990	--	--	0.178
Hydroxyproline 1	g	0.030	2	--	0.005
Other					
Alcohol, ethyl	g	0.0	--	--	0.0
Caffeine	mg	0	--	--	0
Theobromine	mg	0	--	--	0

Sources of Data

¹Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 8i, 2004 Beltsville MD